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ABSTRACT

The National Campaign to Prevent Teen Pregnancy reviewed recent research about parental influences on children's sexual behavior and talked to experts, teens, and parents. From these sources, the Campaign derived 10 tips for parents and other adults to help reduce the risks of teen pregnancy. The 10 tips discussed in this pamphlet are: (1) be clear about your own sexual values and attitudes; (2) talk with your children early and often about sex, and be specific; (3) supervise and monitor your children and adolescents; (4) know your children's friends and their families; (5) discourage early, frequent, and steady dating; (6) take a strong stand against your daughter dating a boy significantly older than she is, and don't allow your son to develop an intense relationship with a girl much younger than he is; (7) help your teenagers to have options for the future that are more attractive than early pregnancy and parenthood; (8) let your kids know that you value education highly; (9) know what your kids are watching, reading, and listening to; and (10) develop and maintain a strong, close relationship with your children from an early age. Also included is a pamphlet describing 10 things teens want parents to know about teen pregnancy. Both pamphlets include an annotated list of additional resources. (EV)

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Ten Tips for Parents To Help Their Children Avoid Teen Pregnancy

And

Talking Back: Ten Things Teens Want Parents To Know about Teen Pregnancy

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The National Campaign To Prevent Teen Pregnancy

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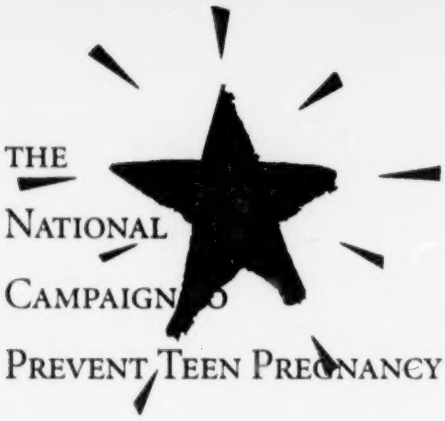

Ten Tips For Parents

To Help Their Children Avoid Teen Pregnancy

Plus: A List of Resources for Parents

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Ten Tips for Parents
To Help Their Children Avoid Teen Pregnancy

The National Campaign to Prevent Teen Pregnancy has reviewed recent research about parental influences on children's sexual behavior and talked to many experts in the field, as well as to teens and parents themselves. From these sources, it is clear that there is much parents and adults can do to reduce the risk of kids becoming pregnant before they've grown up.

Presented here as "ten tips," many of these lessons will seem familiar because they articulate what parents already know from experience—like the importance of maintaining strong, close relationships with children and teens, setting clear expectations for them, and communicating honestly and often with them about important matters. Research supports these common sense lessons: not only are they good ideas generally, but they can also help teens delay becoming sexually active, as well as encourage those who are having sex to use contraception carefully.

Finally, although these tips (and the list of resources that follows) are for parents, they can be used by adults more generally in their relationships with teenagers. Parents—especially those who are single or working long hours—often turn to other adults for help in raising their children and teens. If all these caring adults are on the same "wavelength" about the issues covered here, young people are given more consistent messages.

So, What to Do?

1 **Be clear about your own sexual values and attitudes.** Communicating with your children about sex, love, and relationships is often more successful when you are certain in your own mind about these issues. To help clarify your attitudes and values, think about the following kinds of questions:

- What do you really think about school-aged teenagers being sexually active—perhaps even becoming parents?
- Who is responsible for setting sexual limits in a relationship and how is that done, realistically?
- Were you sexually active as a teenager and how do you feel about that now? Were you sexually active before you were married? What do such reflections lead you to say to your own children about these issues?
- What do you think about encouraging teenagers to abstain from sex?
- What do you think about teenagers using contraception?

2 **Talk with your children early and often about sex, and be specific.** Kids have lots of questions about sex, and they often say that the source they'd most like to go to for answers is their parents. Start the conversation, and make sure that it is honest, open, and respectful. If you can't think of how to start the discussion, consider using situations shown on television or in movies as conversation starters. Tell them candidly and confidently what you think and *why* you take these positions; if you're not sure about some issues, tell them that, too. Be sure to have a two-way conversation, not a one-way lecture. Ask them what *they* think and what they know so you can correct misconceptions. Ask what, if anything, worries them.

Age-appropriate conversations about relationships and intimacy should begin early in a child's life and continue through adolescence. Resist the idea that there should be just one conversation about

all this—you know, "the talk." The truth is that parents and kids should be talking about sex and love all along. This applies to *both* sons and daughters and to *both* mothers and fathers, incidentally. All kids need a lot of communication, guidance, and information about these issues, even if they sometimes don't appear to be interested in what you have to say. And if you have regular conversations, you won't worry so much about making a mistake or saying something not quite right, because you'll always be able to talk again.

Many inexpensive books and videos are available to help with any detailed information you might need, but don't let your lack of technical information make you shy. Kids need as much help in understanding the *meaning* of sex as they do in understanding how all the body parts work. Tell them about love and sex, and what the difference is. And remember to talk about the reasons that kids find sex interesting and enticing; discussing only the "downside" of unplanned pregnancy and disease misses many of the issues on teenagers' minds.

Here are the kinds of questions kids say they want to discuss:

- How do I know if I'm in love? Will sex bring me closer to my girlfriend/boyfriend?
- How will I know when I'm ready to have sex? Should I wait until marriage?
- Will having sex make me popular? Will it make me more grown-up and open up more adult activities to me?
- How do I tell my boyfriend that I don't want to have sex without losing him or hurting his feelings?
- How do I manage pressure from my girlfriend to have sex?
- How does contraception work? Are some methods better than others? Are they safe?
- Can you get pregnant the first time?

In addition to being an "askable parent," be a parent with a point of view. Tell your children what you think. Don't be reluctant to say, for example:

- I think kids in high school are too young to have sex, especially given today's risks.
- Whenever you do have sex, always use protection against pregnancy and sexually transmitted diseases until you are ready to have a child.
- Our family's religion says that sex should be an expression of love within marriage.
- Finding yourself in a sexually charged situation is not unusual; you need to think about how you'll handle it *in advance*. Have a plan. Will you say "no"? Will you use contraception? How will you negotiate all this?
- It's okay to think about sex and to feel sexual desire. Everybody does! But it's not okay to get pregnant/get somebody pregnant as a teenager.
- One of the many reasons I'm concerned about teens drinking is that it often leads to unprotected sex.
- (For boys) Having a baby doesn't make you a man. Being able to wait and acting responsibly does.
- (For girls) You don't have to have sex to keep a boyfriend. If sex is the price of a close relationship, find someone else.

By the way, research clearly shows that talking with your children about sex does *not* encourage them to become sexually active. And remember, too, that your own behavior should match your words. The "do as I say, not as I do" approach is bound to lose with children and teenagers, who are careful and constant observers of the adults in their lives.

3 **Supervise and monitor your children and adolescents.** Establish rules, curfews, and standards of expected behavior, preferably through an open process of family discussion and respectful communication. If your children get out of school at 3 pm and you don't get home from work until 6 pm, who is responsible for making certain that your children are not only safe during those hours, but also are engaged in useful activities? Where are they when they go out with friends? Are there adults around who are in charge? Supervising and monitoring your kids' whereabouts doesn't make you a nag; it makes you a parent.

4 **Know your children's friends and their families.** Friends have a strong influence on each other, so help your children and teenagers become friends with kids whose families share your values. Some parents of teens even arrange to meet with the parents of their children's friends to establish common rules and expectations. It is easier to enforce a curfew that all your child's friends share rather than one that makes him or her different—but even if your views don't match those of other parents, hold fast to your convictions. Welcome your children's friends into your home and talk to them openly.

5 **Discourage early, frequent, and steady dating.** Group activities among young people are fine and often fun, but allowing teens to begin steady, one-on-one dating much before age 16 can lead to trouble. Let your child know about your strong feelings about this throughout childhood—don't wait until your young teen proposes a plan that differs from your preferences in this area; otherwise, he or she will think you just don't like the particular person or invitation.

6 **Take a strong stand against your daughter dating a boy significantly older than she is. And don't allow your son to develop an intense relationship with a girl much younger than he is.** Older guys can seem glamorous to a young girl—sometimes they even have money and a car to boot! But the risk of matters getting out of hand increases when the guy is much older than the girl. Try setting a limit of no more than a two- or three-year age difference. The power differences between younger girls and older boys or men can lead girls into risky situations, including unwanted sex and sex with no protection.

7 **Help your teenagers to have options for the future that are more attractive than early pregnancy and parenthood.** The chances that your children will delay sex, pregnancy, and parenthood are significantly increased if their futures appear bright. This means helping them set meaningful goals for the future, talking to them about what it takes to make future plans come true, and helping them reach their goals. Tell them, for example, that if they want to be a teacher, they will need to stay in school in order to earn various degrees and pass certain exams. It also means teaching them to use free time in a constructive way, such as setting aside certain times to complete homework assignments. Explain how becoming pregnant—or causing pregnancy—can derail the best of plans; for example, child care expenses can make it almost impossible to afford college. Community service, in particular, not only teaches job skills, but can also put teens in touch with a wide variety of committed and caring adults.

8 **Let your kids know that you value education highly.** Encourage your children to take school seriously and set high expectations about their school performance. School failure is often the first sign of trouble that can end in teenage parenthood. Be very attentive to your children's progress in school and intervene early if things aren't going well. Keep track of your children's grades and discuss them together. Meet with teachers, principals, guidance counselors, and coaches. Limit the number of hours your teenager gives to part-time jobs (20 hours per week should be the maximum) so that there is enough time and energy left to focus on school. Know

about homework assignments and support your child in getting them done. Volunteer at the school, if possible. Schools want more parental involvement and will often try to accommodate your work schedule, if asked.

9 **Know what your kids are watching, reading, and listening to.** The media (television, radio, movies, music videos, magazines, the Internet) are chock full of material sending the wrong messages. Sex rarely has meaning, unplanned pregnancy seldom happens, and few people having sex ever seem to be married or even especially committed to anyone. Is this consistent with your expectations and values? If not, it is important to talk with your children about what the media portray and what you think about it. If certain programs or movies offend you, say so, and explain why. Be "media literate"—think about what you and your family are watching and reading. Encourage your kids to think critically: ask them what they think about the programs they watch and the music they listen to.

You can always turn the TV off, cancel subscriptions, and place certain movies off limits. You will probably not be able to fully control what your children see and hear, but you can certainly make your views known and control your own home environment.

10 **These first nine tips for helping your children avoid teen pregnancy work best when they occur as part of strong, close relationships with your children that are built from an early age.** Strive for a relationship that is warm in tone, firm in discipline, and rich in communication, and one that emphasizes mutual trust and respect. There is no single way to create such relationships, but the following habits of the heart can help:

- Express love and affection clearly and often. Hug your children, and tell them how much they mean to you. Praise specific accomplishments, but remember that expressions of affection should be offered freely, not just for a particular achievement.
- Listen carefully to what your children say and pay thoughtful attention to what they do.
- Spend time with your children engaged in activities that suit their ages and interests, not just yours. Shared experiences build a "bank account" of affection and trust that forms the basis for future communication with them about specific topics, including sexual behavior.
- Be supportive and be interested in what interests them. Attend their sports events; learn about their hobbies; be enthusiastic about their achievements, even the little ones; ask them questions that show you care and want to know what is going on in their lives.
- Be courteous and respectful to your children and avoid hurtful teasing or ridicule. Don't compare your teenager with other family members (i.e., why can't you be like your older sister?). Show that you expect courtesy and respect from them in return.
- Help them to build self-esteem by mastering skills; remember, self-esteem is earned, not given, and one of the best ways to earn it is by *doing* something well.
- Try to have meals together as a family as often as possible, and use the time for conversation, not confrontation.

A final note: it's never too late to improve a relationship with a child or teenager. Don't underestimate the great need that children feel—at all ages—for close relationships with their parents and for their parents' guidance, approval, and support.

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More Resources for Parents

Open Up, Listen Up! Produced by Advocates for Youth for "Let's Talk Month" (every October), *Open Up, Listen Up!* covers how to talk about STDs, HIV/AIDS, teen pregnancy, and positive, educational television viewing. The guide, which offers messages about both sexual abstinence and contraception, is available in teen and pre-teen versions. Contact: Advocates For Youth, 1025 Vermont Avenue, NW, Suite 200, Washington, DC 20005. Tel: 202-347-5700. Web: http://www.advocatesforyouth.org

Parent's Guide to Talking With Kids About Sex. Published in conjunction with NBC television's "The More You Know" public service announcements, this booklet from the Henry J. Kaiser Family Foundation and Children Now offers tips and techniques on talking about sex and sexuality for parents of children ages 8 to 12. Answers to children's most common questions are included. Tel: 888-730-2777.

Raising Healthy Kids:Families Talk About Sexual Health. This thirty-minute video for parents of young children (birth to 7) stresses the importance of talking with kids, as well as the messages sent to young children by their parent's behaviors. Topics covered include self-touching, appropriate and inappropriate touching, proper labeling of body parts, and taking advantage of moments when children are seeking information. Also available in Spanish. Cost: $99.95 (plus shipping and handling). Contact: Media Works, Inc., P.O. Box 15597, Kenmore Station, Boston, MA 02215. Tel: 978-282-9970. Web: http://www. abouthealth.com

Supporting Your Adolescent: Tips for Parents. This audiocassette focuses on helping young people make successful transitions to adulthood. In addition to including advice on parenting and positive family interaction, the tape suggests supportive resources that may be found within one's community. Contact: National Clearinghouse on Families and Youth, P.O. Box 13505, Silver Spring, MD 20911-3505.

Talking About Sex: A Guide for Families. This video and companion kit for families with children ages 10 to 14 contains factual information and discussion guides about such topics as anatomy, puberty, contraception, teen pregnancy, STDs, and HIV/AIDS. Cost: $29.95 (plus shipping and handling). Contact: Planned Parenthood Federation of America Inc., 810 Seventh Avenue, New York, NY 10019. Tel: 800-669-0156. Web: http://ppfa.org/ppfa

Talking to Adolescents About Sex. This pamphlet describes how to talk with teens about STDs, values, and the physical and emotional changes they are experiencing, as well as how to provide your teen with decision-making skills. Contact: Channing Bete Company, 200 State Road, South Deerfield, MA 01373-0200. Tel: 800-628-7733.

Talking With Kids About Tough Issues. A joint project of the Henry J. Kaiser Family Foundation and Children Now, this booklet encourages parents to explore their own values and beliefs in order to better communicate them to their children. Topics covered include HIV/AIDS, sex and sexuality, violence, and drugs and alcohol. Contact: Children Now, 355 Lexington Avenue, 11th Floor, New York, NY 10017. Tel: 800-244-5344. Web: http://www. childrennow.org

"Talking With" Pamphlet Series. The pamphlet series includes discussion guides to help parents talk with children and teens about birth control, abstinence, sexual responsibility, pelvic exams, menstruation, HIV/AIDS, drugs, and violence. Single copy samples are free, and bulk orders are available for purchase. A catalog listing pamphlets on many other issues is also available. Contact: ETR Associates, P.O. Box 1830, Santa Cruz, CA 95601-1830. Tel: 800-321-4407. Web: http://www.etr.org

Talking With Your Child About Sex by Mary S. Calderone and James W. Ramey. Available in most bookstores, *Talking with Your Child About Sex* offers answers to questions children of different ages ask about sex. Contact: Ballantine Books, 201 East 50th Street, New York, NY 10022.

Talking With Your Teen About Sex and ***Talking With Your Child About Sex.*** These pamphlets can be accessed (and printed) at the National PTA's website. The version for parents of teens addresses HIV/AIDS, peer pressure avoidance skills, and date rape. *Talking with Your Child* offers information about reproduction, the importance of strengthening self-esteem in the early years, and the necessity of communicating values. Web: http://www.pta.org

Unlocking the Secret: A Parent's Guide To Communicating With Your Kids. This guide, a part of the media program called "Not Me, Not Now" in New York, offers concrete ways to begin to talk about sexuality. Contact: Not Me, Not Now, 39 West Main Street, Room 204, Rochester, NY 14614. Tel: 716-428-2380. Web: http://www. notmenotnow.org

You and Your Adolescent: A Parent's Guide for Ages 10-20, by Laurence Steinberg, Ph.D., and Ann Levine. The newly revised edition, currently available in bookstores, includes tips on parenting and describes the warning signs for pre-teen and teen risky sexual behavior and tobacco, alcohol, and marijuana use. Contact: Harper Collins Publishers, Inc., 10 East 53rd Street, New York, NY 10022.

Resources for Parents

On Talking with Kids About Love, Sex, and Relationships

To help parents talk more effectively about important issues like sex and pregnancy, the National Campaign has assembled this list of easily available resources for parents, most of which are either free or inexpensive. And although these materials are created for parents, they can also be used by other adults who interact with children and teenagers. Relatives, trusted friends and neighbors, teachers, coaches, counselors, and others may find it helpful to know more about how to communicate with young people about sensitive issues.

(NOTE: Inclusion in this list *does not* imply endorsement by the National Campaign. We encourage you to investigate your local bookstores, schools, faith communities, neighborhood and community centers, libraries, and youth-serving organizations for additional resources.)

Becoming an Askable Parent. This guide instructs parents on what children are experiencing at different ages (from birth to 16) to help them answer questions that both they and their children might have. It also presents typical situations in which parents find themselves as their children become curious about sex. Contact: American Social Health Association, P.O. Box 13827, Research Triangle Park, NC 27709-3827. Tel: 800-783-9877. Web: http://sunsite.unc.edu/ASHA

Campaign for Our Children (CFOC). CFOC produces ad campaigns encouraging parent-child communication and sexual abstinence among teens. CFOC also hosts two web sites: one for parents with a chat room (www.cfoc.org), and one geared toward adolescents (www.cfoc.org/room411). Contact: Campaign for Our Children, 120 West Fayette Street, Suite 1200, Baltimore, MD 21201. Tel: 410-576-9015. Web: http://www.cfoc.org

Family Connections. A series of three booklets (for age groups birth to 7, 8 to 13, and 14 to 18) that covers parent/child communication skills, self-esteem for children, teen pregnancy, contraception, sexually transmitted diseases (STDs), and the media's influence on children. Contact: Center for Adolescent Pregnancy Prevention, Family Health Council, Inc., 625 Stanwix Street, Suite 1200, Pittsburgh, PA 15222. Tel: 412-288-2130.

The Gentle Art of Communicating With Kids: Toddlers to Teens by Suzette Haden Elgin, Ph.D. This book outlines techniques to help parents discuss with their children more than thirty tough topics, including handling children reluctant to go to bed, bolstering self-esteem, and preventing teen pregnancy and drug abuse. Available at bookstores for $14.95. Contact: John Wiley & Sons, Inc., 605 Third Avenue, New York, NY 10158-0012.

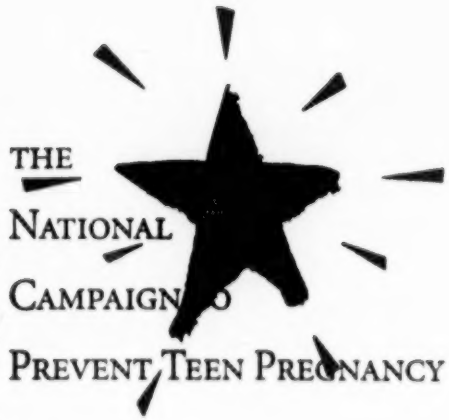
How to Help Your Kids Say "No" to Sex. This pamphlet is designed to help parents who value abstinence communicate this message to their children. Also, ask about the Life on the Edge Tour, a traveling two-day program designed to bring parents and their children closer together and to facilitate discussion about difficult issues. Contact: Focus on the Family, P.O. Box 3550, Colorado Springs, CO 80935-3550. Tel: 800-232-6459. Web: http://www.fotf.org

How to Talk to Children About Sex. Part of the Family Forum Library, this booklet provides parents with answers to children's most common questions about sex. Another title in the same series, ***Positive Parent/Child Communications***, instructs parents on ways to communicate more effectively with their children and to build their self-esteem. Contact: The Bureau For At-Risk Youth, 135 Dupont Street, P.O. Box 760, Plainview, NY 11803-0760. Tel: 800-999-8884. Web: http://www.at-risk.com

How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber and Elaine Mazlish. Available in most bookstores, this book walks parents through a wide range of typical talks with kids, while at the same time encouraging them to listen fully to what their children are saying. Contact: Avon Books, 1350 Avenue of the Americas, New York, NY 10019.

The National Parenting Center. This website offers several pamphlets in their On-line Adolescence Reading Room on communicating with pre-teens and teens. It also hosts more than 100 chat rooms for parents on the challenges of parenting and offers links to other websites. Contact: The National Parenting Center. Tel: 800-753-6667. Web: http://www. tnpc.com

Now What Do I Do? How To Give Your Pre-Teens Your Messages. This booklet helps parents of 10- to 12-year-old children communicate about teen pregnancy, contraception, self-esteem, media influences, unwanted sexual attention, and homosexuality. A sister publication, ***On No! What Do I Do Now?*** (also available in Spanish), helps parents communicate their values about sexuality to their children. Contact: Sexuality Information and Education Council of the United States, 130 West 42nd Street, Suite 350, New York, NY 10036-7802. Tel: 212-819-9770. Web: http://www.siecus.org



Founded in 1996, the National Campaign to Prevent Teen Pregnancy is a nonprofit, nonpartisan initiative supported entirely by private donations. The Campaign's mission is to prevent teen pregnancy by supporting values and stimulating actions that are consistent with a pregnancy-free adolescence. The Campaign's goal is to reduce the teen pregnancy rate by one-third by the year 2005.

The Campaign's strategy has five primary components: taking a strong stand against teen pregnancy and attracting new and powerful voices to this issue; enlisting the help of the media; supporting and stimulating state and local action; leading a national discussion about the role of religion, culture, and public values in an effort to build common ground; and making sure that everyone's efforts are based on the best facts and research available.

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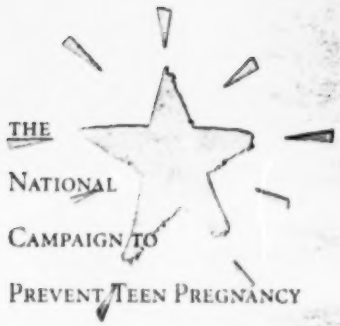

Talking Back:

Ten Things Teens Want Parents to Know About Teen Pregnancy

Plus: A List of Resources for Parents

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Introduction

Teens hear advice on all kinds of issues from their parents, teachers, and other adults in their lives. But they don't often get asked to offer it. Over the past year, the National Campaign to Prevent Teen Pregnancy has been asking teens from all over the country a fairly simple question: If you could give your parents and other important adults advice about how to help you and your friends avoid pregnancy, what would it be? The following ten tips represent the major themes we heard from teens.

You may be surprised to learn that young people do want to hear from parents and other adults about sex, love, and relationships. They say they appreciate — even crave — advice, direction, and support from adults who care about them. But sometimes, they suggest, adults need to change *how* they offer their guidance. Simply put, they want real communication, not lectures and not threats.

The National Campaign is also publishing a companion to this brochure, *Thinking About the Right-Now. What Teens Want Other Teens To Know About Preventing Teen Pregnancy*. These two pamphlets join last year's *Ten Tips for Parents to Help Their Children Avoid Teen Pregnancy* and *Nine Tips to Help Faith Leaders and Their Communities Address Teen Pregnancy* (these and other Campaign publications can be ordered on our webpage — www.teenpregnancy.org — or by writing to us at the address listed on the back).

The National Campaign would like to acknowledge the contributions of the many young people who have offered their suggestions for this publication, including the National Campaign's Youth Leadership Team, the readers of *Teen People*, and the teens who participated in our focus groups, answered our polling questions, visited our website, or told us their stories in communities we've visited around the country. We would also like to thank our informal group of adult advisors who reviewed drafts of the brochure.

We hope that *Talking Back: Ten Things Teens Want Parents to Know About Teen Pregnancy* offers parents and other adults comfort that their efforts to help teens *do* make a difference — as well as gives the kind of practical advice that will make the job a little easier.

Sarah Brown
Director
National Campaign to Prevent Teen Pregnancy

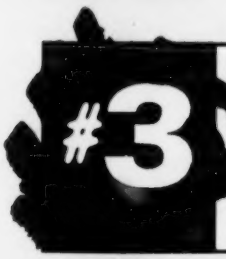
April 1999

Talking Back

Ten Things Teens W

Show us why teen pregnancy is such a bad idea.
For instance, let us hear directly from teen mothers and fathers about how hard it has been for them. Even though most of us don't want to get pregnant, sometimes we need real-life examples to help motivate us.

Talk to us honestly about love, sex, and relationships.
Just because we're young doesn't mean that we can't fall in love or be deeply interested in sex. These feelings are very real and powerful to us. Help us to handle the feelings in a safe way — without getting hurt or hurting others.



Telling us not to have sex is not enough.
Explain why you feel that way, and ask us what we think. Tell us how you felt as a teen. Listen to us and take our opinions seriously. And no lectures, please.

Whether we're having sex or not, we need to be prepared.
We need to know how to avoid pregnancy and sexually transmitted diseases.

Want Parents to Know About Teen Pregnancy

#5 **If we ask you about sex or birth control, don't assume we are already having sex.**
We may just be curious, or we may just want to talk with someone we trust. And don't think giving us information about sex and birth control will encourage us to have sex.

#6 **Pay attention to us before we get into trouble.**
Programs for teen moms and teen fathers are great, but we all need encouragement, attention, and support. Reward us for doing the right thing — even when it seems like no big thing. Don't shower us with attention only when there is a baby involved.

#7 **Sometimes, all it takes not to have sex is not to have the opportunity.**
If you can't be home with us after school, make sure we have something to do that we really like, where there are other kids and some adults who are comfortable with kids our age. Often we have sex because there's not much else to do. Don't leave us alone so much.

#8 **We really care what you think, even if we don't always act like it.**
When we don't end up doing *exactly* what you tell us to, don't think that you've failed to reach us.

#9 **Show us what good, responsible relationships look like.**
We're as influenced by what you do as by what you say. If you demonstrate sharing, communication, and responsibility in your own relationships, we will be more likely to follow your example.

#10 **We hate "The Talk" as much as you do.**
Instead, start talking with us about sex and responsibility when we're young, and keep the conversation going as we grow older.

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More Resources...

How to Help Your Kids Say "No" to Sex. When you contact the publisher, Focus on the Family, ask about the Life on the Edge Tour, a traveling two-day program designed to bring parents and their children closer together and to facilitate discussion about difficult issues. Contact: Focus on the Family, P.O. Box 3550, Colorado Springs, CO 80935-3550. Tel: 800-232-6459. Web: http://www.fotf.org

How to Talk to Children About Sex. Part of the Family Forum Library, this booklet provides parents with answers to children's most common questions about sex. Another title in the same series, ***Positive Parent/Child Communications***, instructs parents on ways to communicate more effectively with their children and to build their self-esteem. Contact: The Bureau For At-Risk Youth, 135 Dupont Street, P.O. Box 760, Plainview, NY 11803-0760. Tel: 800-999-8884. Web: http://www.at-risk.com

How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber and Elaine Mazlish. Available in most bookstores, this book walks parents through a wide range of typical talks with kids, while at the same time encouraging them to listen fully to what their children are saying. Contact: Avon Books, 1350 Avenue of the Americas, New York, NY 10019.

Now What Do I Do? How To Give Your Pre-Teens Your Messages. This booklet helps parents of 10- to 12-year-old children communicate about teen pregnancy, contraception, self-esteem, media influences, unwanted sexual attention, and homosexuality. A sister publication, ***On No! What Do I Do Now?*** (also available in Spanish), helps parents communicate their values about sexuality to their children. Contact: Sexuality Information and Education Council of the United States, 130 West 42nd Street, Suite 350, New York, NY 10036-7802. Tel: 212-819-9770. Web: http://www.siecus.org

Supporting Your Adolescent: Tips for Parents. This audiocassette focuses on helping young people make successful transitions to adulthood. In addition to including advice on parenting and positive family interaction, the tape suggests supportive resources that may be found within one's community. Contact: National Clearinghouse on Families and Youth, P.O. Box 13505, Silver Spring, MD 20911-3505.

Talking About Sex: A Guide for Families. This video and companion kit for families with children ages 10 to 14 contains factual information and discussion guides about such topics as anatomy, puberty, contraception, teen pregnancy, STDs, and HIV/AIDS. Cost: $29.95 (plus shipping and handling). Contact: Planned Parenthood Federation of America Inc., 810 Seventh Avenue, New York, NY 10019. Tel: 800-669-0156. Web: http://ppfa.org/ppfa

Talking With Kids About Tough Issues. A joint project of the Henry J. Kaiser Family Foundation and Children Now, this booklet encourages parents to explore their own values and beliefs in order to better communicate them to their children. Topics covered include HIV/AIDS, sex and sexuality, violence, and drugs and alcohol. Contact: Children Now, 355 Lexington Avenue, 11th Floor, New York, NY 10017. Tel: 800-244-5344. Web: http://www. childrennow.org

"Talking With" Pamphlet Series. The pamphlet series includes discussion guides to help parents talk with children and teens about birth control, abstinence, sexual responsibility, pelvic exams, menstruation, HIV/AIDS, drugs, and violence. Single copy samples are free, and bulk orders are available for purchase. A catalog listing pamphlets on many other issues is also available. Contact: ETR Associates, P.O. Box 1830, Santa Cruz, CA 95601-1830. Tel: 800-321-4407. Web: http://www.etr.org

Talking With Your Teen About Sex and ***Talking With Your Child About Sex.*** These pamphlets, developed by the National Parent Teacher Association, can be accessed (and printed) at their website, www.pta.org. The version for parents of teens addresses HIV/AIDS, peer pressure avoidance skills, and date rape. *Talking with Your Child* offers information about reproduction, the importance of strengthening self-esteem in the early years, and the necessity of communicating values. Web: http://www.pta.org

Unlocking the Secret: A Parent's Guide To Communicating With Your Kids. This guide, a part of the media program called "Not Me, Not Now" in New York, offers concrete ways to begin to talk about sexuality. Contact: Not Me, Not Now, 39 West Main Street, Room 204, Rochester, NY 14614. Tel: 716-428-2380. Web: http://www. notmenotnow.org

You and Your Adolescent: A Parent's Guide for Ages 10-20, by Laurence Steinberg, Ph.D., and Ann Levine. The newly revised edition, currently available in bookstores, includes tips on parenting and describes the warning signs for pre-teen and teen risky sexual behavior and tobacco, alcohol, and marijuana use. Contact: Harper Collins Publishers, Inc., 10 East 53rd Street, New York, NY 10022.

Resources for Talking Back

(*Please Note:* Inclusion in this list *does not* necessarily imply endorsement by the National Campaign. We encourage you to investigate your local bookstores, schools, faith communities, neighborhood and community centers, libraries, and youth-serving organizations for additional resources.)

Campaign Publications

Not Just For Girls: Involving Boys and Men in Teen Pregnancy Prevention. 1997. Everyone knows that it takes two to create a pregnancy, but until recently teen pregnancy prevention efforts too often left boys and men out of the equation. This two-chapter report describes new efforts to involve boys and men in teen pregnancy prevention and provides recent data on the various roles that boys and men play in causing and preventing teen pregnancy. $15.00.

Goodbye to Girlhood: What's Troubling Girls and What We Can Do About It. 1998. This report, based in part on a roundtable meeting co-sponsored by the Family Impact Seminar and the National Campaign, discusses how the school, media, physical, and cultural environments that girls live in affect teen pregnancy, and how prevention efforts can work within this "culture of girlhood." $15.00.

Ten Tips for Parents to Help Their Children Avoid Teen Pregnancy. 1998. A research-based list of practical tips for parents and adults to help the young people in their lives avoid pregnancy and pass safely through adolescence. Up to 5 copies: free. Up to 100 copies are $1.00 a piece, and, for orders of over 100, each copy costs 70 cents.

Snapshots from the Frontline II: Lessons from Programs that Involve Parents and Other Adults in Teen Pregnancy Prevention. 1998. A brief description of several programs around the country that are trying to increase the involvement of parents and other adults in preventing teen pregnancy and in having a larger role in the lives of adolescents generally. Single copy: free. Additional copies: $5.00.

Other Resources

Beating the Odds — Raising Academically Successful African American Males by Freeman A. Hrabowski II, Kenneth I. Maton, and Geoffrey L. Grief. Going beyond mere analysis — and beyond the relentlessly negative media images — this inspiring study shows how young African American men can achieve academic success and what parents can do to help. Published in 1998 by Oxford University Press, Inc., 198 Madison Avenue, New York, NY 10016. $25.00.

Like It Is: A Teen Sex Guide by E. James Lieberman, M.D., and Karen Lieberman Troccoli, M.P.H. Offers comprehensive, straightforward information about sex, relationships, and birth control in reader-friendly terms, emphasizing informed consent and mutual respect. A tool for young adults coming to terms with their sexuality, this book is meant for teens to read on their own as well as for teachers, parents, and health educators who work with teens. Published in 1998 by McFarland & Company, Inc., Publishers, Box 611, Jefferson, NC 28640. $25.00 (plus shipping).

How to Talk to Your Child About Sex: It's Best to Start Early, But It's Never Too Late — A Step-By-Step Guide for Every Age by Linda Eyre and Richard M. Eyre. Offers thoughtful, clear, and specific guidelines concerning where, when, and, most important, how to help children begin to understand sex, love, and commitment from the most positive viewpoint. Providing a series of dialogues — point-by-point discussion outlines — that have been tried and proven by thousands of families, the Eyres also give parents a fresh opportunity to reassess their own attitudes as they communicate them to their children. Published in 1998 by Golden Books Pub. Co. $19.95.

Becoming an Askable Parent. This guide instructs parents on what children are experiencing at different ages (from birth to 16) to help them answer questions that both they and their children might have. It also presents typical situations in which parents find themselves as their children become curious about sex. Contact: American Social Health Association, P.O. Box 13827, Research Triangle Park, NC 27709-3827. Tel: 800-783-9877. Web: http://sunsite.unc.edu/ASHA

Family Connections. A series of three booklets (for age groups birth to 7, 8 to 13, and 14 to 18) that covers parent/child communication skills, self-esteem for children, teen pregnancy, contraception, sexually transmitted diseases (STDs), and the media's influence on children. Contact: Center for Adolescent Pregnancy Prevention, Family Health Council, Inc., 625 Stanwix Street, Suite 1200, Pittsburgh, PA 15222. Tel: 412-288-2130.

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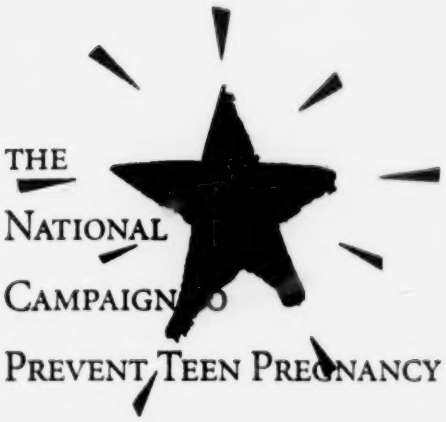

Founded in 1996, the National Campaign to Prevent Teen Pregnancy is a nonprofit, nonpartisan initiative supported entirely by private donations. The Campaign's mission is to prevent teen pregnancy by supporting values and stimulating actions that are consistent with a pregnancy-free adolescence. The Campaign's goal is to reduce the teen pregnancy rate by one-third by one-third between 1996 and 2005.

The Campaign's strategy has five primary components: taking a strong stand against teen pregnancy and attracting new and powerful voices to this issue; enlisting the help of the media; supporting and stimulating state and local action; leading a national discussion about the role of religion, culture, and public values in an effort to build common ground; and making sure that everyone's efforts are based on the best facts and research available.

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